



Cauliflower Pancakes

Recipe source: Consuming Passions – Ian Parmenter

Fresh from the garden: cauliflower, carrots, parsley, eggs

During summer use zucchini instead of carrot, coriander is delicious also

Equipment:	Ingredients:
Medium Saucepan Grater Chopping Board Knife Colander Large mixing bowl Whisk Large Jug Frying Pan Large plate	2 cups Plain Flour 1/2 cup Self Raising Flour Pinch salt 1 cup Parmesan Cheese 5 eggs A little water Salt and pepper 200 grams Cauliflower flowerets 100 grams carrot, grated 2 tablespoons parsley, chopped Butter for cooking

What to do:

Blanch cauliflower in saucepan until tender, just before draining add carrot and return to the boil. Drain in colander- leave colander resting over saucepan until required.

Preheat oven to 100°C.

Combine dry ingredients in large mixing bowl.

Crack eggs into large jug and whisk, gradually add to dry ingredients and continue to whisk until combined. Add a little water if needed. Season with salt and pepper.

Add cauliflower, carrot and parsley to batter.

Heat a little nob of butter in fry pan, when bubbling pour in one soup ladle of batter. Once bubbles form turn pancake over, cook for a few moments then slide pancake onto plate and place in oven to keep warm.

Serve with home made tomato sauce or sweet chilli sauce.